

DINNER FROM THE CLUB

Cowboy Steaks ^B

PREP 10 MIN **GRILL** 10 MIN **SERVES** 6

- 3 Tbsp. chopped fresh cilantro
- 2 Tbsp. red-wine vinegar
- 2 tsp. olive oil
- 2 tsp. chipotle chile powder
- ½ tsp. salt
- 1½ lb. top round steaks, ¾ inch thick, trimmed

1 Mix the cilantro, vinegar, oil, chile powder, and salt in a zip-close plastic bag; add the steaks. Squeeze out the air and seal the bag; turn to coat the steaks. Refrigerate, turning the bag occasionally, at least 30 minutes or up to 1 hour.

2 Spray a nonstick ridged grill pan with nonstick spray and set over medium-high heat. Add the steaks and cook until an instant-read thermometer inserted into the side of each steak registers 145°F for medium, about 5 minutes per side.

3 Transfer the steaks to a cutting board and cover loosely with foil. Let stand 5 minutes. Cut across the grain into 24 slices. This recipe works with the Simply Filling technique.

PER SERVING (4 SLICES): 152 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 61 MG CHOL, 236 MG SOD, 0 G CARB, 0 G FIB, 25 G PROT, 6 MG CALC.

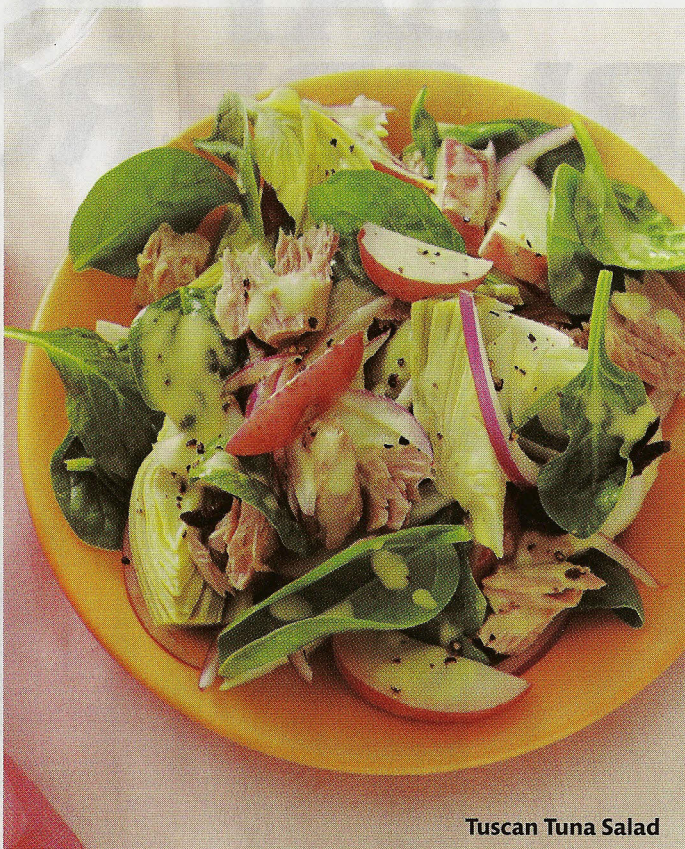
POINTS VALUE: 3.

FILLING EXTRA While the steaks stand before slicing in step 3, grill a bunch of whole trimmed scallions 1–2 minutes per side for a zesty garnish.

Kitchen Coach

EASIER HERBS

Instead of chopping delicate herbs like cilantro and basil, tear them into pieces with your fingers for a rustic effect. But if you do chop fresh herbs, always use a sharp knife—a dull knife will only bruise them.



Tuscan Tuna Salad

Cheddar- and Pickle-Stuffed Burgers ^B

PREP 20 MIN **GRILL** 10 MIN **SERVES** 6

- 1½ lb. ground lean beef (7% fat or less)
- 3 oz. low-fat sharp Cheddar cheese, cut into ¼-inch cubes
- ½ c. seasoned dried bread crumbs
- ¼ c. dill pickle slices, drained and chopped
- ¼ c. chili sauce
- ½ tsp. salt
- ¼ tsp. black pepper
- 6 whole wheat hamburger buns

1 Lightly spray a large ridged grill pan with nonstick spray and set over medium heat.

2 Mix the beef, cheese, bread crumbs, pickles, chili sauce, salt, and pepper in a large bowl just until blended. Form into 6 (¾-inch-

thick) burgers.

3 Grill the burgers until an instant-read thermometer inserted into the side of one burger registers 160°F for medium, 6–7 minutes per side. Place the burgers in the buns.

PER SERVING (1 BURGER): 335 CAL, 10 G FAT, 4 G SAT FAT, 1 G TRANS FAT, 67 MG CHOL, 858 MG SOD, 27 G CARB, 4 G FIB, 33 G PROT, 183 MG CALC. **POINTS VALUE:** 7.

FILLING EXTRA Dress up each burger with a slice of beefsteak tomato and a crisp romaine lettuce leaf.

Tuscan Tuna Salad ^B

PREP 15 MIN **COOK** NONE **SERVES** 4
MAKE AHEAD 2 HR

Grated zest and juice of 1 lemon

1 Tbsp. white-wine vinegar

2 tsp. extra-virgin olive oil

1 tsp. Dijon mustard

½ tsp. salt